

GCSE Dance

GCSE PE

VCERT Health and Fitness

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GCSE PE



The Course



Paper 1: The human body and movement in physical activity and sport

What's assessed

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

How it's assessed

- Written exam: 1 hour 15 minutes
- 78 marks
- 30% of GCSE

Questions

- Answer all questions.
- A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

Paper 2: Socio-cultural influences and well-being in physical activity and sport

What's assessed

- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being
- Use of data

How it's assessed

- Written exam: 1 hour 15 minutes
- 78 marks
- 30% of GCSE

Questions

- Answer all questions.
- A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

Non-exam assessment: Practical performance in physical activity and sport

What's assessed

- Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
- Analysis and evaluation of performance to bring about improvement in one activity.

How it's assessed

- Assessed by teachers
- Moderated by AQA
- 100 marks
- 40% of GCSE

Questions

- For each of their three activities, students will be assessed in skills in progressive drills (10 marks per activity) and in the full context (15 marks per activity).
- Students will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity.

Practical assessment

This is a **40 % of the course.**

Students must **be assessed in 3 sports;**

- **1 team sport**
- **1 individual sport**
- **A second team or individual sport**

10 marks for the assessment of skills

15 marks for the full context

Students also need to complete a written Performance Analysis on a sport they are competing in.

Team sports list

- Acrobatic gymnastics
- Association football
- Badminton
- Basketball
- Camogie
- Cricket
- Dance
- Figure skating
- Futsal
- Gaelic football
- Handball
- Hockey
- Hurling
- Ice hockey
- Inline roller hockey
- Lacrosse
- Netball
- Rowing
- Rugby league
- Rugby union
- Sailing
- Sculling
- Squash
- Table tennis
- Tennis
- Volleyball
- Water polo

Individual sports list

- Amateur boxing
- Athletics
- Badminton
- Canoeing/kayaking (slalom)
- Canoeing/kayaking (sprint)
- Cycling
- Dance
- Diving
- Equestrian
- Figure skating
- Golf
- Gymnastics
- Rock climbing
- Sailing
- Sculling
- Skiing
- Snowboarding
- Squash
- Swimming
- Table tennis
- Tennis
- Trampolining
- Windsurfing

Theory

This section is **60%** of the course and is assessed over **2** theory exams.

Paper 1 – The human body and movement in physical activity and sport

This will include:

Applied anatomy and physiology

Movement analysis

Physical training

Use of data

Paper 2 – Socio-cultural influences and well-being in physical activity and sport

This will include:

Sports psychology

Socio-cultural influences

Health, fitness and well-being

Use of data.

These are written exams. 1 hour 15 minutes each. Each worth 30% of the course.

Developing confident, respectful and successful young people

Exam structure

The exams are made up of:

- Multiple choice questions – 1 mark questions
- Short answer questions – 2-5 mark questions
- Long answer questions – 6 and 9 mark questions

Support

- All students have a progress booklet which includes:
 - Overview of the course
 - Expectations
 - Course timeline
 - Revision suggestions
 - Space for assessment results
 - Key terminology
 - Personal Learning Checklists
- All GCSE PE students have access to www.theeverlearner.com which includes:
 - Videos on the whole content of the course
 - Practice questions
 - Test questions
 - Checkpoints
- Additional sessions will be provided for some activities such as:
 - Revision
 - Coursework
 - Practical sessions
 - Practical assessments
- Students will have the opportunity to purchase a revision guide (CGP)

GCSE Dance

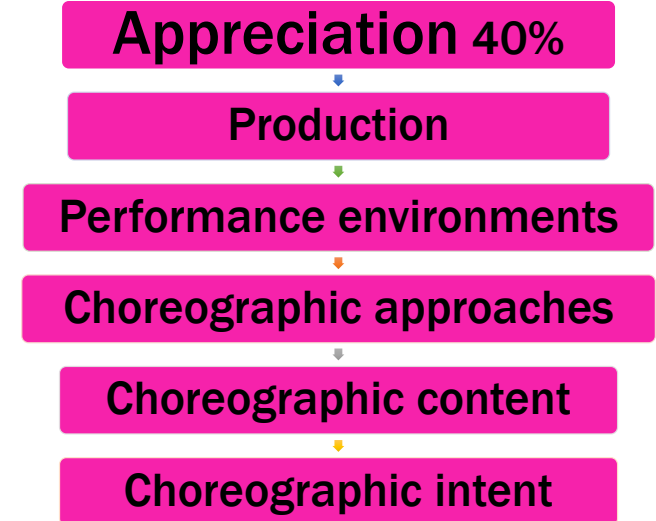
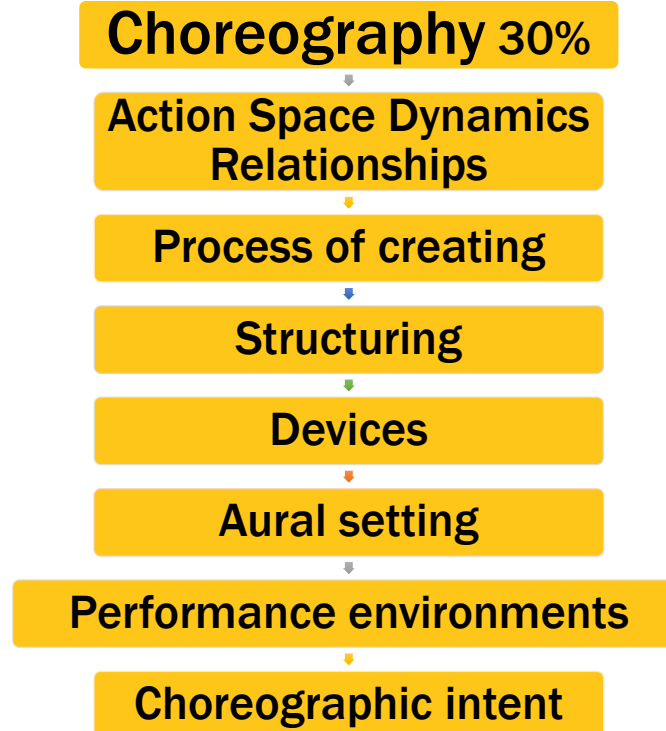
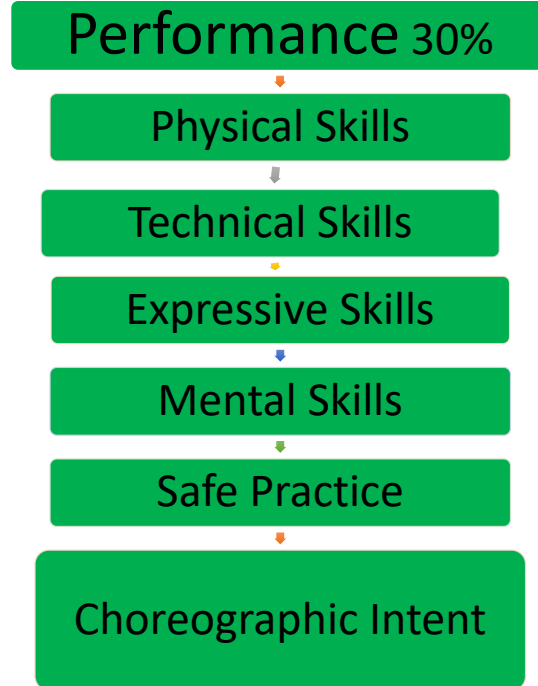


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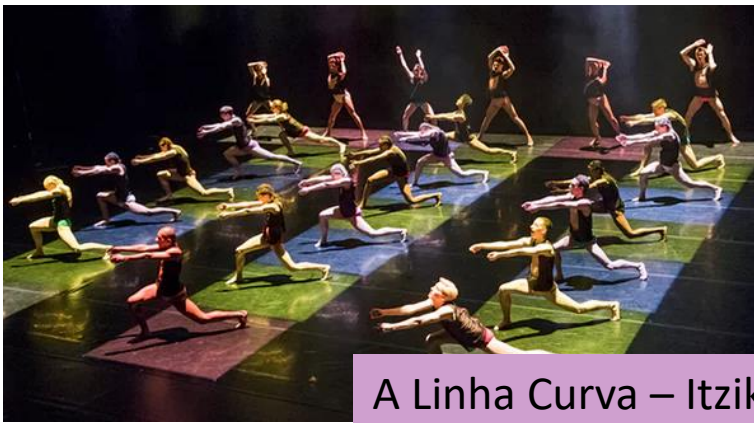
GCSE Dance

- Component 1 Practical (60%)
 - 2 Set Phrases
 - Performances in a duet/trio
 - Choreography
- Component 2 Theory (40%)
 - Exam Paper including Anthology
 - Anthology = 6 Professional Works

Breakdown...



CHOREOGRAPHIC INTENT underpins all aspects of the course



Shadows – Christopher Bruce



A Linha Curva – Itzik Galili

Artificial Things – Lucy Bennett



GCSE DANCE Professional works



Infra – Wayne McGregor

Emancipation of Expressionism – Kenrick H2O Sandy



Within Her Eyes – James Cousins

Developing co

young peop

Dance styles

The GCSE Dance course uses a wide range of dance styles. These include;

- Contemporary
- Hip Hop (Krumping, Waaking, Locking, Breaking)
- Brazilian Dance (Samba and Capoeira)
- Dance for film / Site sensitive
- Dance fusion
- Contact



Exam structure

The exam is made up of:

Section A – Understanding Performance & Choreographic Skills

- Multiple choice questions – 1 mark questions
- Short answer questions – 2-5 mark questions

Section B – Reflective Practice

- Long answer reflective questions – 6 mark questions

Section C – Analysing the Anthology / Professional Works

- Short answer questions – 2 x 1 mark questions
- Long answer questions – 1 x 6 mark question and 2 x 12 mark questions.

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Questions?

Questions?

VCERT Health and Fitness



The Course

Written exam:

40% Weighting

Externally assessed: written examination (externally marked)

Coursework:

60% Weighting

Internally assessed: synoptic project (externally quality assured)

The Course

Unit number and title	Mandatory/optional	Assessment
Unit 01 Principles of health and fitness	Mandatory	Internally assessed portfolio of evidence
Unit 02 Healthy lifestyles	Mandatory	Internally assessed portfolio of evidence
Unit 03 Preparing and planning for health and fitness	Mandatory	Externally set and marked assessment paper
Unit 04 Develop a personal health and fitness programme	Mandatory	Internally assessed portfolio of evidence

Internal assessment

This is a **60 % of the course**.

Students must **complete a portfolio of evidence** (Completed from the December of year 11)

Units 1, 2 and 4.

This is graded in school and moderated externally. This includes evidence generated from appropriate assessments and tasks.

Students will have a maximum of two attempts at this. The second attempt will be after it has been fully marked by the class teacher and moderated externally.

Feedback during the actual assessment period is very limited – students must use their own knowledge and understanding to improve their work if a resubmission is required.

Assessment objectives

The assessment of our technical awards is mapped against assessment objectives (AOs). These AOs provide a consistent framework for learners and are applied synoptically, allowing learners to show their knowledge, understanding and skills from across the full breadth of the qualification.

The AOs that will be assessed against the content in our technical awards are:

AO1	Recall knowledge and show understanding The emphasis here is for learners to recall and communicate the fundamental elements of knowledge and understanding.
AO2	Apply knowledge and understanding The emphasis here is for learners to apply their knowledge and understanding to real-world contexts and novel situations, including finding creative solutions.
AO3	Analyse and evaluate knowledge and understanding The emphasis here is for learners to develop analytical thinking skills to make reasoned judgements and reach conclusions.
AO4	Demonstrate and apply technical skills and processes The emphasis here is for learners to demonstrate the essential technical skills relevant to the vocational sector, by applying the appropriate processes, tools and techniques.
AO5	Manage and evaluate the project The emphasis here is for learners to develop the necessary skills of forethought, time management, self-reliance and self-reflection.

External assessment

This section is **40%** of the course and is assessed over **1** theory exam in the November of their year 11, with a re-sit opportunity in the March of year 11.

This paper includes information on:

- Cardiovascular system
- Muscular system
- Respiratory system
- Skeletal system
- Training methods

This is a written exam which lasts for 1 hour 30 minutes.

Exam structure

The exam is made up of:

- Multiple choice questions – 1 mark questions
- Short answer questions – 2-4 mark questions
- Long answer questions – 6 and 9 mark questions

Support

- All student have a progress booklet which includes:
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